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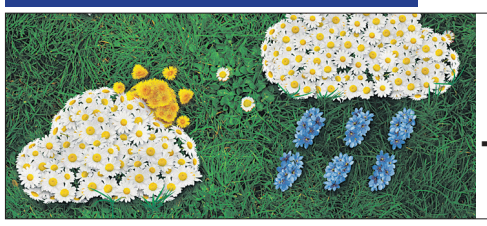

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Walleye in the Drag River

Read about HHOA's annual walleye count on page 3.

Chorus Frogs sing in the Highlands

Learn about the HHLT's discovery of five new Chorus Frog populations on pages 4 and 5.

Heat or ice

Which is best for pain relief? Learn from Dr. Kassie Bradley on page 6.

Artists and friends Tanya Zaryski and Michèle Karch-Ackerman pose for a photo during the opening of their exhibit, Rewilding, at Rails End Gallery in Haliburton on Saturday, April 15. Read more on page 2. /ADAM FRISK Special to *County Life*

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Rails End Gallery's new Rewilding show: a must-see experience

JERELYN CRADEN
Special to *County Life*

Guests take in the opening of Rewilding on Saturday, April 15. /ADAM FRISK Special to the Echo

What do you get when you mix a Library of Dresses, celebrating famous deceased female authors with magical paintings of girls, antlers, flowers and a mysterious fairy tale world? Answer: Rewilding, the unique, joyful, and refreshing new show by installation textile artist, Michèle Karch-Ackerman (K-A), and painter, Tanya Zarynski, at the Rails End Gallery in Haliburton, on now until June 30.

Imagine…

A full rack of dresses designed and made by nationally acclaimed installation artist, Karch-Ackerman, depicting the essence of many of the world's most beloved female authors with an accompanying handwritten story (on a hand-painted hang-tag) that brings the experience to life. Plus, walls covered with intriguingly beautiful paintings by Zarynski, whose images inspire one's Inner Child to come out and play, be wild and be free. Hence, Rewilding.

An avid reader of female-authored fiction, K-A said, "I just felt it was time to honour all of the dead female authors. Almost all of them had a difficult life. I thought, I just want to make a Virginia Wolf dress or a Mary Shelley dress, or an Emily Dickinson dress."

K-A and her kindred artist-friend, Zarynski, were tremendous supporters of each other during the time of COVID isolation. When she shared her idea about the author-inspired dresses, Zarynski said, "Do it!"

"So, I did," K-A said. "Each dress has subtle details that honour that author. The one for Emily Dickinson has a fabric that has all these delicate drawings in it – a pot of tea, a cat, a house. And because she rarely left her house, this dress would encompass all the world that she lived in and made her comfortable."

With her Library of Dresses, K-A created her own version of the Dewey Decimal system. "I wanted to honour Sylvia Plath and Zelda Fitzgerald who did paper dolls," K-A said, "so I created a miniature paper image of each dress and then on the ribboned tag that's attached to the dress, a library card has the name of the author on it and some hand written information. Both Tanya and I thought it would be fun to make it like a real library, where you check out the dress and can wear it while you're at the exhibit."

A painter and glass blower, Zarynski first met K-A almost 30 years ago. Then, six years ago, they reconnected and their friendship flowered.

"We realized how much we had in common with our work, our interests, and our understanding of the natural world," Zarynski said. "Especially during COVID, it became a real lifeline for us to have this connection, and have this way for somebody to respond to the work we were making, in the absence of having galleries and all of those regular connections."

"I sent Michèle the first of some pictures of my Rewilding work. I was so excited about it. And very quickly she said, we should have a show together."

This is a Rails End Gallery first show for Zarynski. K-A's first public show was at the Rails End Gallery back when Holly Hutchinson was curator. Since then, she has had ten major shows in the last 30 years.

"Rewilding is the title of the painting I have in the show of myself as a child," Zarynski said. "It's a portrait of myself when I was about ten and I was kind of thinking especially while we were in the middle of COVID, and I was feeling sort of down and lonely and hadn't seen friends for so long and I was trying to think back to when I felt happy and free and soft of like a wildness." The idea of being free of responsibilities and just being in the moment inspired Zarynski to paint her younger self with antlers.

"Every time I had a show planned during COVID, literally every show for two years was cancelled due to lockdown. Every time I went to teach classes, we were in lockdown again. That's when it became not as essential to make work that was for a show. It was now: what do I feel like painting? I love the tradition of artists painting their friends, especially during the 1800s and early 1900s. So, I started doing portraits of people I was hanging out with, which was a small group because of COVID. "I did a portrait of Michèle as a child and as an artist at 59."

Tanya Zaryski poses for a photo with her artwork during the exhibit's opening.

How Zarynski's Rewilding paintings and K-A's Library of Dresses connect.

"They connect in the process of letting go of our regular work," Zarynski said. "The work is pretty deep. The way we use colour is really aligned. I think it's about bodies and the human figure. Michèle's work with the dresses is suggestive of the body even though it's absent, because you've got these clothes. And a lot of my work is about pattern."

Trying on dresses from the library of Dresses

Rails End Gallery curator, Laurie Jones, has taken the Rewilding show to a new experiential level. "Visitors may try on any of the dresses from noon 'til 3 p.m. on days we are open," she said. "A staff member 'librarian' will 'sign out' the dress and return to its spot on the rack when you are done. Dresses must remain on site (includes our deck area). While you 'play dress-up' and admire yourself in our vintage mirror, photos are encouraged, as is reading from one of the author's volumes to get into the spirit. We have a selection of books in the gallery. We ask if social media is being shared that #libraryofdresses and #railsendgallery and #rewilding be used in posts."

Readings at the gallery

Community members are encouraged to participate in a Reading Series in which volunteer readers read passages from one of the authors whose dress is in the Library of Dresses while wearing their dress from the collection.

These events are posted on the Rails End Gallery calendar. As of this writing, there are four booked, with more to come: Jane Austen, read by Marguerite Easby - May 27; Shirley Jackson, read by Poet Ever - June 3; Emily Bronte, read by Scott Duggan - June 10; and, Beverley Cleary, read by Laurie Jones - June 17.

All readings will take place at 11:30am on Saturday to be followed by informal discussion and a refreshment. By Donation.

Contact the gallery at: info@railsendgallery.com if you wish to do a reading - dates are still available.

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HHOA walleye count is underway

VIVIAN COLLINGS
County Life Staff

If you're walking through Head Lake Park this week, have a look in the shallow parts of the fast-moving Drag River.

You may just get lucky enough to see some walleyes during their annual spawn in one of the most important spawning grounds in the county.

Volunteers with the Haliburton Highlands Outdoors Association (HHOA) have taken on the task of heading out to the river each night since last Monday, April 10 at sundown to count reflecting golden eyes in the water.

"We all like doing it. We all have the same goal in our minds, and we do volunteer work at the hatchery, so we want to see the fishery stay successful and get more successful in our county," said HHOA president Dan Smith.

This is all in an effort to see walleye numbers climb.

The Walleye Watch Program began in the early 2000s and stopped for a few years after 2015.

It was reinstated in 2021 due to a decline in walleye population in the Kashagawigamog Lake chain.

"We took it upon ourselves to do a survey of folks living on the Kashagawigamog Lake Chain and any members of the public about the walleye fishery, what kind of luck they've had fishing, and what they've noticed," Smith said. "It was a very strong response that the walleye fishing had decreased in the last couple of years, so we thought that we'd take on this project of counting how many fish actually come up the Drag River to spawn and start there to see why the fishery has decreased."

Barry Roberts, Claude Parish, and Jesse Dinsmore were counting walleyes in Drag River for HHOA's Walleye Watch Program on Saturday, April 15. /VIVIAN COLLINGS Staff

Stocking of this fish in Kashagawigamog Lake chain ended in 2015 following instruction from the Ministry of Natural Resources and Forestry (MNRF), so volunteers got together to monitor the species that is completely dependent on natural reproduction.

In 2021, they counted 1,334, and last year, 2,100 were counted in the Drag River.

The spawning beds were cleaned in the fall of 2021 for the first time.

"We're hoping cleaning off the cobblestone area under the Maple Avenue bridge had an influence," Smith said.

They collaborated with the fire department and used high-pressure hoses to clean the spawning grounds.

"This cleans off the grit and sand that accumulates on the rocks so the eggs have a better chance of sticking to the rocks and being successful and hatching," he said.

Smith said it's just about time for this to happen again, so they may undertake the task this fall.

"It really attracts the community to what we're doing because we're down in the water in our chest waders holding on to these high-pressure hoses, hoping we don't fall in," he laughed.

With about 30 volunteers helping count in total this year, that makes for two or more a night to head down to Emmerson's dam in Haliburton this month with their high-powered flashlights and counters in hand.

"We take our time because there's currents in the water, and we want to make sure we're getting a good representation of how many fish there are. It takes us at least half an hour, and we're out there around 9 p.m. when it's dark," Smith said.

On Wednesday, April 12, 64 fish were counted. Just a few days later on Saturday, that number was doubled.

"It's very early, because one of the folks working with us spends time at the river prior to us taking over just to see when the fish are starting to come up into the Drag River from Head Lake, but it's increasing every night," said the HHOA president.

The association doesn't know the exact reason why walleye numbers had been down, but Smith speculates it has something to do with water conditions.

"For a spawn to be successful, we aren't the ones making it successful. We hope we are contributing, but the walleye know what kind of conditions they want. The water has to be the correct temperature, and there has to be enough flow to cover the eggs with water," he said.

Another potential reason for a decrease in walleye is overfishing.

"The whole rationale and philosophy that we operate with at the hatchery is conservation. Yes, walleye taste really, really good, but we also realize that we aren't allowed to stock walleye, so we need natural reproduction there," Smith said.

The count will take place for about another week and a half.

For more information on the Walleye Watch Program, visit www.hhoa.on.ca/walleye-survey.

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To call, a Chorus Frog squeezes air from its lungs across its vocal cords. The inflated throat sac amplifies the sound like a loudspeaker. /Photos by Ed Poropat

Land Trust discovers five new populations of Chorus Frog

ED POROPAT
Haliburton Highlands Land Trust

"Kreeeeeek……kreeeeeek…… kreeeeeek……" - a distinct sound emanates from a shallow roadside pond, the rolling call reminiscent of someone rubbing their finger across a barber's plastic comb. Early spring is once again breeding season for the tiny Chorus Frog. These minute amphibians emerge from hibernation in early April and begin their explosive breeding cycle, calling intensely for only a few short weeks before going silent for the remainder of the year. They are among the earliest frogs to call in our area.

With the recent warm weather, Haliburton Highlands Land Trust (HHLT) biologists and volunteers have been sweeping parts of the County in search of these declining amphibians. And, with great success! Recently, Paul Heaven of Glenside Ecological Services Ltd., HHLT's project biologist, discovered five previously unknown breeding populations within the Marigold Wetland Complex, adding significantly to the few remaining sites in southern Haliburton County. These breeding locations have extra significance as they lie within a swath of land dubbed the Highlands Corridor. The local Land Trust has expended an enormous amount of time and energy not only documenting what species reside within this area, but also advocating to protect large portions of it. The Corridor would help mitigate the negative impacts of climate change and allow continued movement of species through connectivity.

A Chorus Frog calls to attract a mate.

A Chorus Frog can be green to brown in colouration, with dark longitudinal striping along the back. It will show a dark line running from the tip of the nose, through the eyes, and along its side to the back legs. Its thin, white, upper lip seems to glow in the sun. Chorus Frogs can pack quite a punch for their size. Their dry, rising trill can be heard day or night at quite a distance, given an adult frog is not much bigger than your thumbnail. Unlike woodland pools and large wetlands that Spring Peepers thrive in, Chorus Frogs seek

see page 5

from page 4

out shallow, grassy, ephemeral pools to lay their eggs. They do not cope well with competition, especially if fish are present. Thus, a Chorus Frog's early life is a race against time and weather. They must complete their cycle of egg, to tadpole, and finally metamorphosing to an adult before their temporary pool dries up. A particularly hot, dry spring can spell disaster for a local population of these tiny amphibians.

Chorus Frogs have experienced enormous declines in the past few decades. Although the Carolinian population appears to be stable, the Canadian Shield and eastern Ontario population has been steadily disappearing. Haliburton County has not been immune to this decline, and many of our traditional Chorus Frog sites have gone silent in the past decade. The discovery of these new locations is therefore very exciting. Sadly, it appears to be a race against time to determine the causes of this decline. Although habitat loss is a major contributor in some areas, other factors must be at play also.

If you'd like to assist the Haliburton Highlands Land Trust in their endeavor to understand the distribution and abundance of these tiny frogs, you can help by simply using your cell phone. If you think you have heard chorus frogs, simply make a brief recording and email it to the Land Trust with a location. The recording can be verified, and you will have made a significant contribution to our knowledge of local fauna. The Land Trust is appreciative of the generous funding from Environment Canada & Climate Change, Habitat Stewardship Program to support this project.

So, get out there before the bugs arrive, and enjoy the calls that truly herald the coming spring … the call of the Chorus Frog.

Although very loud, Chorus Frogs are notoriously difficult to find in their breeding ponds. /ED POROPAT Special to *County Life*

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Heat versus ice?

THE QUESTION of using heat or ice for pain relief has long been debated. Which one should you use after sustaining an injury? What about something that has been bothering you for a long time? How long should it be applied? The guidelines on these procedures can be confusing and it is often forgotten that by altering the temperature of the tissue, you are inducing a biological response. Both can reduce pain, but which one should you use?

KASSIE BRADLEY
Wellness Corner wih Kassie

To understand which therapy is best, we need to go beneath the skin and look at the bodies natural response to injury. When you sprain your ankle, the injured tissues spark an inflammatory response which results in redness, heat and swelling - causing you pain and discomfort. Inflammation is the body's natural response to an injury or infection and can cause pain and disability if not controlled.

Would you use heat or ice for a sprained ankle? Ice is the answer here. The immediate application of ice will cut down on long term swelling and potentially lessen recovery time.

The application of ice is called Cryotherapy. This can be achieved using ice packs or ice baths, or the popular cold plunge therapy. Cold induces a response in the tissue called vasoconstriction; narrowing of the blood vessels. Vasoconstriction decreases blood flow and decreases overall tissue metabolism. It also numbs the area to help you feel less pain. In general, think of ice as your first stop for an acute injury, something that happens suddenly.

Applying heat is called Thermotherapy. Heat does the opposite of ice, inducing a response called Vasodilation or opening of the blood vessels. The increased blood flow and metabolic activity brings more oxygen and nutrients to the tissue. Heating the superficial tissues can be achieved using hot packs, wax baths, towels, saunas, heat wraps, steam rooms etc. A good example of when to use heat would be having a hot shower to relax tight and stiff muscles in the upper back and neck. The heat will promote vasodilation which relaxes the muscles causing an analgesic effect to help you break the tension cycle. This isn't a replacement for good posture, proper ergonomics at the workplace or balanced muscles but it can help to provide short term relief.

Ice for no more than 20 minutes at a time with at least a 30 minute rest in between sessions. Icing for longer than 20 minutes causes a counterproductive reaction called reactive vasodilation. Make sure to use a barrier between the ice and the skin to avoid burning or frostbite. Heat is also best used in shorter durations, about 15-20 minutes although it does depend on the injury. Be cautious using heat if you have any sort of numbness, heart condition, heat allergies or open wounds.

Ultimately when it comes to heat or cold, it is generally OK to go with what feels the best for you. The above are common guidelines to follow. If you have any concurrent health conditions or are unsure of where to start please consult with your physician, chiropractor or physiotherapist prior to starting heat or cold therapy.

Top 10 ways to prepare for lawn and garden season

THE LAWN and garden season is almost upon us – and with that comes all sorts of advice on how best to prepare for all the work that lies ahead.

While this is not my favourite thing, it would be a disservice to the readers of this column if I didn't provide a few tips on the best ways to prepare for the lawn and garden season. So, here are my top 10.

STEVE GALEA
Humour Columnist

1. Throw your back out well in advance, so it doesn't look too suspicious.
2. Encourage a species-at-risk to live on your lawn, so the law forbids you from disturbing the area.
3. Leave you expensive lawn mower by the curb and hope for the best.
4. Plant a rare piece of neolithic pottery on your lawn and then alert the archeologists.
5. Designate your lawn a safe space for worms.
6. Start a cult that worships long grass and dandelions.
7. Place deer feed in the garden to get them started.
8. Jeep jamboree on your lawn.
9. Get deeply offended anytime anyone mentions the word "hoe."
10. Pave everything!

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Youth hub widens reach

The Haliburton County Youth Wellness Hub has had another big year of growth in terms of visitors, staff, and activities.

The number of youth drop-in visitors alone for the last fiscal year was 1,439, the highest number recorded since the Hub was founded, and nearly twice the drop-in count for last year. This number does not include the number of structured community and social support services, which are forthcoming from Youth Wellness Hubs Ontario.

The number of staff employed at the Hub has also grown – from three in 2019 to nine in 2023.

The Youth Hub is a staffed, safe place for any youth in the County aged 12 to 25. Youth can drop in to socialize, do homework, engage in activities, or talk to staff about something they may need help with.

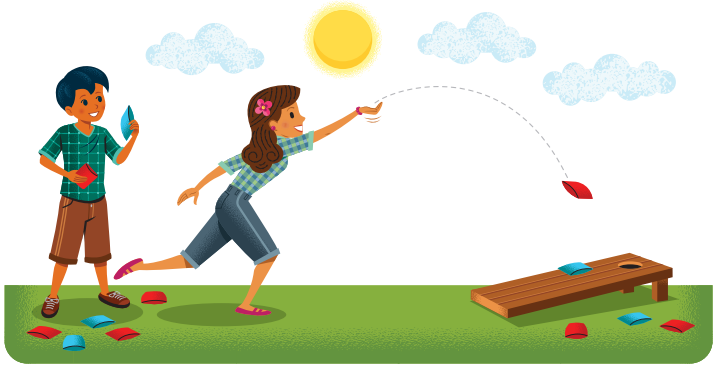
The Youth Hub hosted a number of unique events in the last year, including the N(ART)ure art project that resulted in painted murals for the Hub's walls; exam break drop-ins; Dungeons & Dragons sessions; paint nights; pizza days; skating days; candlemaking from Indigenously Infused; seed planting workshops; financial literacy sessions with John Howard Society; trivia nights; Predator Prowl with Yours Outdoors; and a new drop-in time for youth aged 12 to15 on Fridays. Mobile share and care services to all the municipalities also continue, and an Indigenous outreach worker provides indigenous teachings and supports in a culturally safe environment, both virtually and in person at the Youth Hub.

The Hub also offers social and community services to youth needing more structured supports. Quarterly satisfaction surveys for youth receiving services have consistently shown that the vast majority of youth indicate high satisfaction with services offered; that they felt the services received were the right way of helping them, and that they would recommend the services to others.

"The Youth Hub is bursting at the seams," said Marg Cox, executive director of Point in Time Centre for Children, Youth and Parents. "We're needing to do some real planning for expansion in the near future, as we seem to be outgrowing our current building with regard to office space, and recreational space for youth," she said.

The Haliburton County Youth Wellness Hub is a one-stop shop for youth services and supports and is co-created with youth, for youth. It is part of a province-wide network of Youth Wellness Hubs Ontario and is affiliated with Point in Time Centre for Children, Youth and Parents. To find out more about the Haliburton Youth Hub, email haliburtonhub@pointintime.ca or call the office at (705) 457-2727. Follow updates and events on Instagram at @HaliCountyYouthhub.

Submitted by Point in Time Centre for Children, Youth and Parents



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What is the circular economy?

APARNA GOPALA KRISHNAN
Special to *County Life*

Have you ever heard the term "circular economy"? What do you think that term means?

Allow me to explain: "circular economy" is where the waste we generate can be used for purposes other than disposal. In simple words, it means that waste is a valuable resource.

Up until recently, the economic path we have been on—particularly in a developed nation—is a "linear economy." In a linear economy, products are made based on convenience and lowest cost without any regard to what waste the product may generate or how it will be disposed. In a linear economy, the cycle goes "take-make-dispose."

Instead, a circular economy follows the repetition of "make-use-reuse/repurpose," with the cycle continuing in a circular path. The circular economy model goes beyond mere waste management and presents an opportunity to rethink the way we design, produce, and consume products, while encouraging reuse of materials at the end of a product's life cycle. It can become a critical path to sustainability.

According to Ontario's Strategy for a Waste-Free Ontario: Building the Circular Economy - Vision for Ontario, the aim of a circular economy is to eliminate waste, with a goal of zero waste in Ontario and zero greenhouse gas emissions from waste sectors in which the people try to:

- Reduce the use of raw materials
- Follow resource recovery (reuse, repurpose, recycle, and other activities) and fully utilize the useful life of materials
- Minimize packaging and products waste generated.

The Circular Innovation Council is a non-profit organization that is putting circular economy concepts into action, their idea goes beyond recycling. According to Circular Innovation Council, "Everything is valued, and everything is a resource" from the start of production to consumption to recovery. Some of the Council's actions include Waste Reduction Week in Canada, their partnership with LEGO Group on an education awareness program for schools, Government of Canada consultation papers to advance the plastics circular economy, and food rescue and waste diversion pilot programs for the commercial sector.

Now many of the products and packaging created are designed with longevity in mind, striving to use more sustainable materials that can be easily recycled at the end of their life cycles. By working together in the production of these goods, a reduction in greenhouse gas and fossil fuel consumption can be achieved - allowing us to say no to landfills.

Examples of businesses and organizations pursing a circular economy include:

Alcohol and beer containers can be returned to The Beer Store for a deposit refund; the empties are reused and recycled.

Instead of disposing of tires, Timberland and Omni United recycle the tires into footwear soles. Another example is Botanical PaperWorks: they recycle used virgin paper from businesses and industries into "seed paper."

IKEA sells second hand goods, while Burger King uses re-usable fast-food packaging.

Retailers can do their part in contributing to the circular economy by offering products that can be easily reused or refurbished as well as providing end of life take back or maintenance and repair services.

If you are a retailer, some circular economy programs you can join include:

Battery recycling: Call2Recycle accepts used household batteries for recycling at various drop-off locations across Ontario. Visit www.call2recycle.ca to sign up a battery drop-off location or find a battery drop-off location near you.

Cannabis packaging recycling: Tweed, a Canopy Growth Corporation, in partnership with TerraCycle, collects all types of legally-purchased cannabis packaging such as tins, plastic bottles or plastic bags. You sign up online at www.terracycle.ca/tweed to get a shipping label to mail back eligible packaging for recycling. They clean and melt the used packaging into pellets that can be remade into plastic products. Another option is "HYRYSE" by Ryse Solutions, which accepts all types of cannabis packaging Ryse also runs a recycling program accepting vape pens and cartridges. Visit www.ryseinc.ca.

We are discarding a lots of textile items right! So, consider them being transformed into insulation for buildings or making use of those fibers for new clothing. Met-Tech Inc. are trying to create a low-cost process to recycle more textile waste such as clothing, helping us to be more eco-friendly and reduce our environmental footprint. Meanwhile, Magemi Mining Inc. has been working hard to develop a durable recycled paper to serve as an eco-friendly alternative to traditional plastic packaging, like grocery bags, helping to reduce our dependency on single-use plastics.

We can all contribute to the circular economy by making greener choices, sharing items such as tools, cars and prioritizing the repair of items. And people can offer their items to others for reuse and refurbishing purposes.

In Haliburton County, SIRCH Community Services is offering Repair Cafes, where you can repair and learn how to fix household items for free. Things they accept includes textiles, toys, jewellery pottery, furniture items, electronic and others. If you want to know more about the details visit www.sirch.on.ca.

Even you can do it yourself at home. If you have something to repair like a tire or pool tubes instead of throwing them out use sharing services such as "tool lending libraries". It's less expensive than buying from stores. Turn your old pallets into a new bookshelf and if you need tools for that approach the sharing services.

By making these changes, we can do our part to contribute to a greener future.

We can make a difference in our environment. To achieve a circular economy, we must focus on:

- Rethinking – be mindful of what you consume, and avoid disposables when you buy things.
- Reducing – buy rechargeable batteries, and try to reduce use of household hazardous waste.
- Reusing, Repairing, and Repurposing – use reusable bags and produce bags, and donate your old clothes to charities like SIRCH's Thrift Warehouse, or 4C's Lily Ann Thrift Store.
- Remanufacturing, and Refurbishing - give new life to products, sell your refurbished items on Amazon or through social media sites.
- Recycling - composting is a good option for kitchen and garden waste, buy materials that are easily recyclable

All these actions form a ground plan for the sustainable use of resources. Let's work together and create a better tomorrow for our planet. Circular Economy is a new way of providing solution on how we manage our waste. "Nothing is waste."

Aparna Gopala Krishnan is a student at Fleming College's Waste Resource Management – Environmental program and is doing a co-op placement as a Recycling Educator at the Municipality of Dysart et al.

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Community Events

Send your event listing to classifieds@haliburtonpress.com

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 a.m. to 11:00 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

First Annual Apple Blossom Tour

When: A map will be created after data collection, for tours to be taken at your leisure
Where: Multiple locations across Haliburton County
Apple tree owners, would you like to participate in the first annual Haliburton County apple blossom tour? Apple Tree Identification Project (ATIP) inspired by U-Links, is collecting information on Haliburton County apple orchards, old and new, species and locations. If you have apple trees on your property and would like to be included on the location tour map, ask questions, or just provide information or photos please contact appletreeshaliburton@gmail.com.

Jr NBA

When: April 11 to May 31
Where: Archie Stouffer Elementary and Haliburton High
Local volunteers and Basketball Canada have teamed up to bring a curriculum-based youth basketball program to the county! Visit www.haliburtonbasketball.com for information.

The Western Chorus Frog – Learn and Listen

When: April 27, 7 p.m. Admission Free/Donations Welcome
Where: Minden Cultural Centre
Join local field naturalist Ed Poropat as he takes us on a journey through the lifecycle of these tiny amphibians, with some insights as to why they seem to be disappearing from our landscape. A brief indoor presentation followed by a short car ride to a location where chorus frogs are known to call. Register at www.haliburtonlandtrust.ca or call 705-457-3700

Razzamataz Kids' Shows!

presents The Incredible Adventures of Mary Jane Mosquito
When: Sunday, Apr. 30, 2 p.m.
Where: The Northern Lights Theatre, 5358 Haliburton County Rd 21,
Join Mary Jane on her journey as she finds her voice through song and makes new friends. A whimsy and wise humour of this engaging production by Carousel Players (ON).
www.razzamataz.ca

Let's Get Rolling Social

When: Sunday Apr. 30 1 TO 3 p.m.
Where: Stanhope Firefighters Hall, 1123 North Shore Rd, Algonquin Highlands.
The Haliburton Real Easy Ryders Cycling Club invites you to bring a travel mug and enjoy some coffee/tea and baked goods as you meet some club members and learn about this season's group rides, events and trips. Win a door prize, order a club jersey, and visit tables from Algonquin Outfitters and Circles Turning Circles. haliburtonrealeasyryders@gmail.com
www.haliburtonrealeasyryders.com

The Highland Yard: Early Bird Registration

When: Monday May 1st
Where: Virtual, see details below
Early bird registration opens on May 1 for the Highland Yard. The historic race will be returning, in-person, on Sunday AuG. 6 with a 2k, 5k, and 10k run. For additional race information and to register with early bird pricing please visit highlandyard.ca.

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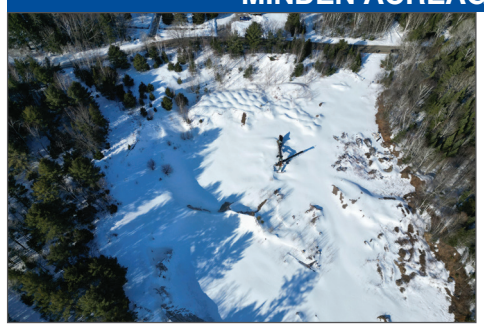
FAMILY HOME $595,000

3.7 acres with just over 350' of frontage on a creek, with a deep swiming area. Great outbuildings.The 2 storey farmhouse includes 3 bedrooms and a 4 piece bathroom. Shingles were replaced in 2014, the propane furnace is a few years old, new flooring installed this year.

Kelly Mercer
Broker
705-455-7500
kelly@kelly-mercer.ca

MINDEN ACREAGE - $975,000



Class B licensed pit and quarry. Total acreage 88.46 acres with 66.22 acres extractable. Mixture of flagstone, sand, gravel and granite. The pit can be closed, which gives great potential for development. Over 3300' of frontage on a Township road.

Lisa Mercer
Broker
705-457-0364
• www.lisamercer.ca

HUNTER CREEK ESTATES $229,000

Enjoy this retirement living community and all its services - 1000 sq. ft. 2 bedroom home - cozy kitchen and living area - 4 pc. bath - rear enclosed porch - very well maintained home - building and septic inspection available to inspect

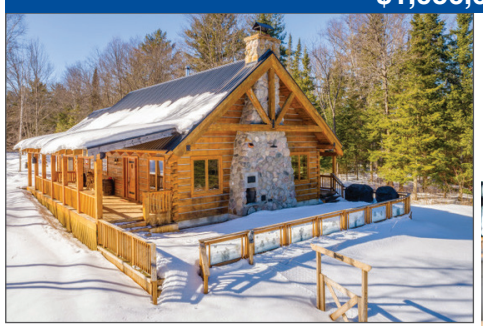
Ted Vasey
Sales Representative
705-455-2034
ted@tedvasey.ca

IN TOWN HOME $739,000

- 1.4 Acre Private Lot
- Bright, Spacious 3 Bedroom, 2 Bath
- Finished Lower Level
- Double Detached Heated Garage
- Environmentally Friendly Wood Heating System

Ken Barry
Broker 705-754-5280
Jacquie Barry
Realtor® 705-457-0652
www. kenbarry.com
"Out Standing In Our Field"

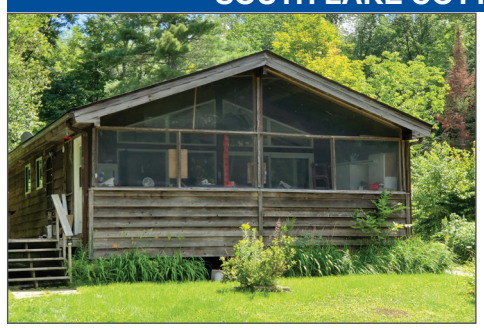
$1,050,000



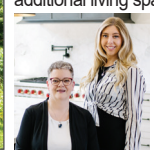
- Stunning Log Timber Frame
- Incredible stone fireplace floor to ceiling
- Nestled between two serene lakes
- Acreage with a year-round creek

Cheryl Bolger
Sales Representative
705-306-9450
cheryl@haliburtongoldgroup.com
GOLD GROUP

SOUTH LAKE COTTAGE $539,000

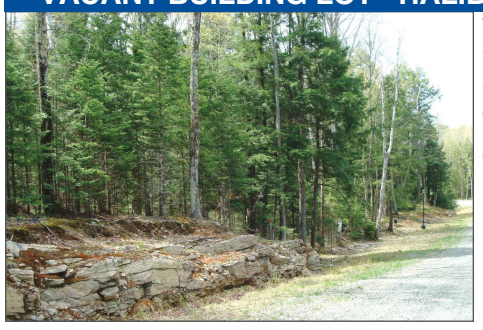


The perfect year-round cottage without waterfront prices! This adorable cottage sits across the road from South Lake. Cottage has shared deeded access within a quick 2-minute walk and a place to dock your boat. The cottage is bright, full of light, and has loads of potential. Skylights add to the brightness of the cottage and the large screened porch provides additional living space.



Terry Carr & Drew Staniforth
Sales Representatives
705-935-1011
MovingTheHighlands.com

VACANT BUILDING LOT - HALIBURTON VILLAGE $164,900



This vacant lot is .71 acres with 127ft of frontage and is located at the end of Lakeview Street in a small, private, upper end development of ONLY 9 Lots! All services are underground so no overhead ugly wires and poles, the street lights are coach type lights for class and it is a dead end street. The houses built are quite new and this lot is very interesting. Call me for more details.

Vince Duchene
Broker
705-457-0046
www.vinceduchene.ca

BIG STRAGGLE LAKE $599,000

- Cozy 2 bed/1 bath; 4 seas cottage
- Level lot on desirable 2 lake chain
- Open concept KT/LR/DR, pretty view
- Tastefully finished, lots of pine
- Full unfinished basement
- Yr-rnd pvt rd, septic & lake water

Rick Forget
Broker
705-457-0580
haliburtonhighlands-remax.ca

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lynda@lyndalitwin.ca

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854-0292

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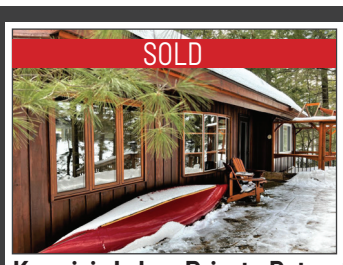


Gloria Carnochan* & Breann Budel*
754-1932

Kennisis Lake– Private Retreat

- 2 bd,/bath +Bunkie /bath, Laundry, 200 amp
- 3 sided deck connects heated bunkie/workshop
- Heat pump, heats, & cools, Generac generator
- Screen rm, lift docking , great view of water

Mark Dennys*
457-0473

Haliburton Condominium $669,000

- 1236 Sq Ft, 3rd Flr, 2 Bdrm, 2 Bath, A/C
- Large Balcony w/ Entertainment Space/Views
- Head Lake (5 Lake Chain), Move-in Ready
- Underground Parking, Close to Walking Trails

Tom Ecclestone*
286-2138 x 226

Building Lot on Boshkung Lake!

- Southwestern Exposure, 0.65 Acre Lot
- 176ft of Lake Frontage
- Direct Access off Hwy 35
- Views Across the Wide Expanse of Boshkung Lk

Lindsay Elder**
457-5878

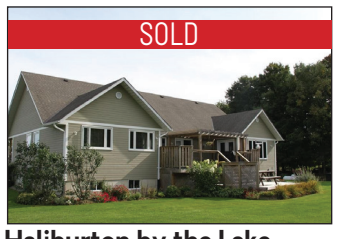
Listings Wanted!

- If you're thinking of selling...CALL ME!
- Strike while the market is hot!

Melanie Hevesi**
854-1000

Silver Beach $820,000

- The new standard in luxury lakeside living
- 2600sqft of finished space, 4 beds/4 baths
- Main floor primary bedroom & ensuite
- Exclusive use of clubhouse & waterfront



Andrew Hodgson**
286-2138 x 229

Haliburton by the Lake

- Open concept 3-season cottage w/ 4 beds
- Oversized 1 car-garage & updated bunkie
- Clean, hard-packed sand beach & big lake views
- Amazing afternoon sun & sunsets!

Susanne James* & Andy Mosher**
457-2128 x 133

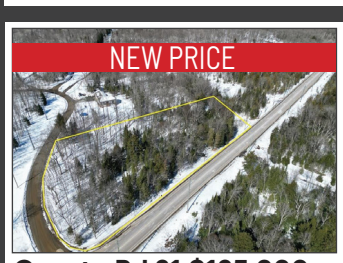
West Guilford Lot $119,900

- Lovely 1-acre lot, 5 min drive to West G Store
- Driveway roughed in, 15 Mins to Haliburton
- Dozens of Lakes Nearby, Close Drive to Haliburton Forest

Ashley McKeigue
705- 854-1833

Oblong Lake $599,000

- 0.9-acre parcel with north-western exposure
- Over 700 feet of clean, sand & rock frontage
- Driveway installed & building site partially cleared
- Part of a 2-lake chain with premium Haliburton Lake



Brandon Nimigon***
457-2128 x 127

County Rd 21 $125,000

- 2.34 Acre Lot Close To Town!
- 529ft of Frtg, Mins from Schools & Amenities
- Public Beaches and Boat Launch Nearby
- Build a Country Home w/ Walkout Basement

Karen Nimigon**
457-6505

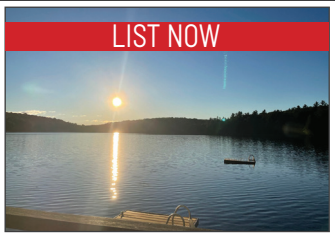
Loop Road $547,000

- 5 Beds / 3 Bath Home on 10+ Acres!
- Many Recent Upgrades, Attached Garage
- Perennial Gardens, Wraparound Deck
- Public Beach & Amenities Minutes Away

Kelly Kay*
705-457-6841
Kirsten Rae*
705-854-1454

Sunnyside St $849,000

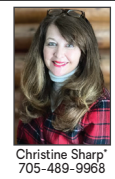
- New 1500+ sq ft 3 bed + 2 bath bungalow
- Double attached garage, full basement, Tarion warranty
- Quiet neighbourhood close to Haliburton



Darlene Reil*
447-2055

Thinking About Selling?

- This is the time to think about listing
- Listings Needed!
- Call today for more information



Christine Sharp*
705-489-9968

Private, Building Lot $159,000

- 2 Acre Forested Lot
- Beautiful Mixture of Pine & Maple Trees
- Public Access to Basshaunt Lake Close By
- Few Mins From All Amenities of Eagle Lake

Greg Stamp*
457-2128 x 128

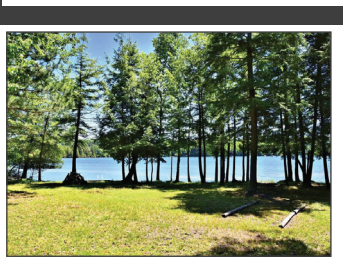
Haliburton Lake $1,199,900

- 3 Beds / 2 Baths, 1300+ sqft
- Southeastern Exposure, 100' of Frtg
- Large Bunkie w/ Infrared Sauna
- 20 Mins to Haliburton, 10 Mins to Fort Irwin

Melanie Vigrass*
286-2138 x 232

Bethel Road $549,000

- Incredible 194-acre parcel just mins from Minden
- Long gated driveway to private, cleared site
- Large frontage on picturesque Walker's Pond
- Trails throughout to explore, teaming with wildlife



Tom Wilkinson*
286-2138 x 225

Listings Needed!

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Writing on the Senior Side

The party

GAIL STELTER

Special to *County Life*

Someone says that they are late to the party. You know they are not, because you are. You are old.

You were only twelve when you sat at the little desk in your little bedroom in your little house on Smithfield Drive in Etobicoke when you started to write your first novel. It was about going away to boarding school. You only knew of boarding school from the books you had read but to your twelve-year-old imagination, it was so enticing, so exciting. You didn't finish it. You left the party.

You were married when you were 19, and two years later you went to Lakeshore Teachers' College. Glory! Yes, you were in your glory. You had so much fun. You couldn't imagine that they were going to pay you for this! This was your new party.

After teaching for a year and a half, you gave birth to your daughter. You are thrilled with this mothering life, and you have three more children in the next six years. You also loved teaching, and so 11 years later you went back. You are sitting on the stairs in tears. You are trying to get all of you out the door and on the way to school. Rubber boots, raincoats, lunches and your school work. A little one plaintively says, "Are you going to work again Mommy?" Your husband reminds you that you don't have to do this. You don't have to go back to work. You smile through the tears and tell him that when you get there you just love it!

The teacher in the next classroom is making about $35,000, and you are making about $17,000. You need to get a degree. It's a new party. You want to major in English. Wilfred Laurier University offers courses in Brampton. It is a 20 minute drive from your home. You major in Brampton (also in history). You love going back to school. You love learning, and you can't seem to stop taking courses. You start to enroll in a doctorate when you get sick.

And now you are 73 years old and have decided you want to grow up again and be a writer. You feel that everyone at this party is young and talented and has such wonderful writing adventures and futures ahead of them. You worry that you are not only too late for the party; the party is over.

Taking a course is not as easy as you remember. Is it because you don't sleep well? Is it because you just want to write stories for your children, grandchildren and the future generations you will never know? Is it because you have too many things on your plate? Is it because you are just not talented enough or perhaps, is it simply because you are just too old for this party?

It's not easy being green. It's not easy to admit you might be too old to do something you love doing. Do you have parties that you have left behind because of your age? Some parties are dropped from our lives, and we accept that as a natural part of aging. It's okay that I don't go downhill skiing. It's not okay if I can't read books or swim in the lake. Living on the senior side seems to include gradual changes that our resilient minds accept, and often with little conscious thought, we adapt. We don't dwell on what we can't do.

Now we are thankful for what we can do; for the parties that we can attend. And yet some parties are too important for us to simply let go. I was not content to let go of becoming a better writer. I journeyed from wondering, in week two of the course, if perhaps I was too old for this party, to understanding, in the final week, I was a rah-rah party-goer. I journeyed from surrendering control to my inner critic to ignoring her and then yelling back at her. I will keep yelling as my inner critic is not gently going away. As I write this story today my inner critic is sitting on my shoulder. Perhaps it is not good enough. Perhaps it is not interesting. These may well be true, but it is my story, and I will take the risk and put it out there for you to read. I will yell back!

I have been telling you that doing something new and challenging is good for our brains. It is also good for our hearts and souls. The party was fraught with new routines, learning, and lots of work and writing assignments. I stayed until it was over. I am a better person for it, and, I believe, a better writer. In the fall, I will take another writing course: Writing Memoir. (That cliche about being a glutton for punishment comes to mind.) I have three memoir stories at the ready-to-publish stage: Saturday Mornings (with my dad)' Alice's Kitchen (my mom) and We Came to Haliburton (inspired by my grandson).

Three stories is a long way from a book but it is a start. I know the U of T memoir writing course will be excellent. I also know that it will be a lot of work and a lot to manage in my busy life, but I am going to go to the party that I love, and I will stay long after it is over. Sometimes I wonder how much time I have left for all these parties, but that is not my ownership, so I will just keep on partying. Perhaps one day I will really be too old for this party. I do hope not, but I am wise enough to know the journey of aging is also our journey of the party.

Is there a lesson in all of this? Probably not, but there is a sense of accomplishment that is empowering. The things we love to do are worth our perseverance; worth the effort needed to achieve success. Keep doing the life activities you love; that give you joy and then do more! Learn something new, take on a new activity or committee or challenge. Keep accepting the party invitations. Be empowered! Perhaps you are not too old for the next party. Perhaps the party is good for your brain and your heart and soul. Perhaps you should party on!

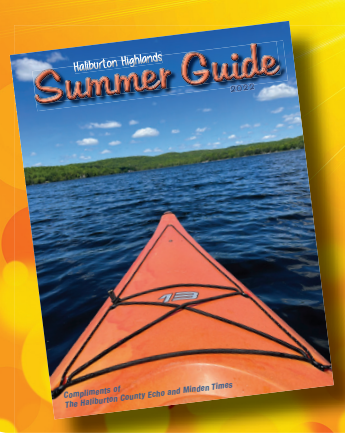
Get The Word Out

Let people know about your event. Send it in to our FREE community events listing in the Haliburton Echo, Minden Times and County Life. Email the basics to classifieds@haliburtonpress.com or call us at 705-457-1037.

SUMMER GUIDE MAGAZINE IS COMING SOON!

To see your local event listed at no charge in our Summer Guide Magazine, send an email to

HaliburtonSummerGuide@gmail.com



NO LATER THAN WEDNESDAY, MAY 10, AT 3:30PM

THE ECHO HALIBURTON COUNTY
The Times MINDEN ONTARIO
County Life

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Apr. 27: Open 2 to 6 p.m. HHHS Social Rec. 10 to 1 p.m.
Apr. 28: Diners Club 12pm. $15/person. Call Denise Butler 705-448-8865 to book Pool 2 p.m. Fish & Chips, Chicken fingers & fries 5 to 8 p.m.
Apr. 29: 2 to 6 p.m. Meat draw 3 p.m.
Apr. 30 - May 2: Closed
May 2: Executive Meeting 7 p.m. Upcoming Nominations of the Executive
May 3: Open 2 to 6 p.m. Darts 2 p.m.

If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.

Friday dinners are in jeopardy due to lack of volunteers. Please reach out ASAP if you want to help. Young people come out and show the elders how it's done!

Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

A Blue jay's feathers get ruffled in the breeze. /Submitted by Tammy Nash

Song sparrows are one of the most familiar sparrows in the area. /Submitted by Jill Moulton

A fisher looks ahead while the first blades of grass sprout up. /Submitted by Tammy Nash

Evening grosbeaks can be identified by their large bill and short tail. /Submitted by Jill Moulton

Are you a full time student in grade 9, 10 or 11 who works part time? Do you want $600???

SIRCH Community Services has two **$600** awards to be awarded to two students! For more information on the OPPORTUNITY LOOKS LIKE HARD WORK AWARD go to www.sirch.on.ca OR scan the QR code below.

SCAN ME

SIRCH community services

A Northern flicker is a migratory woodpecker. /Submitted by Jill Moulton

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540 COMING EVENTS

HALIBURTON HIGHLANDS WOMEN'S GOLF LEAGUE is hosting its ICEBREAKER TEE SOCIAL NIGHT at the Haliburton Curling Club on Friday May 5 7:00 pm. Come enjoy and register All level players welcome For more info visit the website www.hhwgl.ca or call Lynne Brady **705-887-4230** or **705-340-0625**

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The Royal Canadian Legion Minden Branch 636

The Royal Canadian Legion Mabel D. Brannigan Branch 636 Minden is looking for a Part-Time Cook. A Food Handler Certificate is an asset but not an additional requirement if you take the course later.

Resume may be left at the bar, emailed to rclbranch636@hotmail.com or mailed to:

The Royal Canadian Legion
PO Box 238, Minden ON, K0M 2K0

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EVENT COORDINATOR
Canada Summer Jobs*
Are you looking to play an important role in the coordination and execution of summer fundraising events and be a positive ambassador for the HHHS Foundation?

Interested applicants should express their enthusiasm and forward their resume in confidence by 6pm Monday, May 1, 2023 to

Melanie Klodt Wong, HHHS Foundation Executive Director, mklodtwong@hhhs.ca

For further information on the Foundation, please visit www.hhhs.ca/foundation
* Position is contingent on Canada Summer Jobs

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A Foundation for the Health of the Highlands

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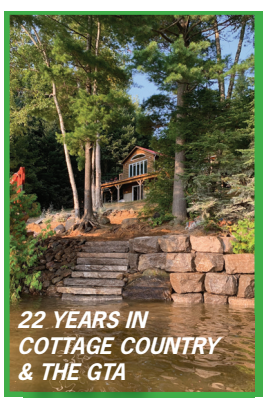

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ECHO

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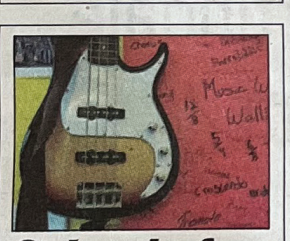
Tuesday, May 3, 2011

Sweet victory
Red Hawks goalkeeper, Jenna Woolacott and Lindsey Pogue were all smiles at the end of the season-opening win for the senior girls' soccer team on Friday, April 29. Pogue scored four goals. See story and photos on page 24. **Darren Lum** Echo staff

Hike

Residents raise money for local hospice program and volunteers

8



School of rock

Adult learners get a unique music education in Haliburton

12

Winterfest surplus to leave legacy project

About $37,000 left to fund active seniors' initiative

Chad Ingram
Staff reporter

Haliburton's Winterfest earned a surplus and that money will go towards a legacy project to benefit active seniors.

Organizing committee chairman Alan Clark and games general manager Myke Malone gave a report on the 2011 Ontario Senior Winter Games to Haliburton County councillors at their April 27 meeting.

Clark said the February event, which brought about 1,000 athletes and spectators into the county, had a $600,000 budget and wound up with a surplus of approximately $37,000.

Malone said they will be looking for suggestions from county seniors' groups as to what this legacy project will be.

The stipulations are that it must enhance

see COUNTY page 17

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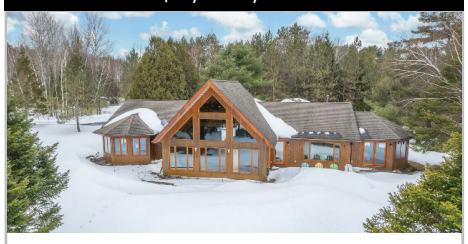

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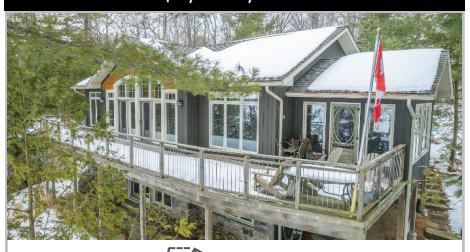

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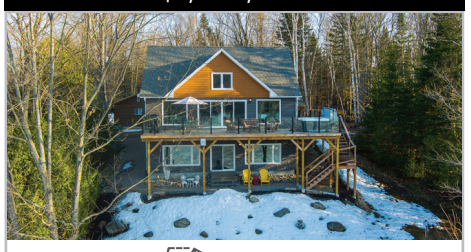

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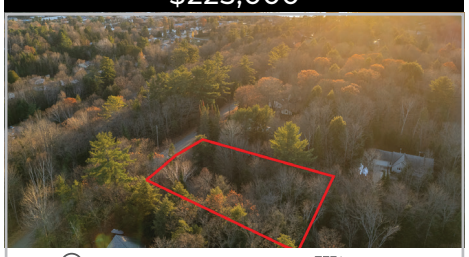

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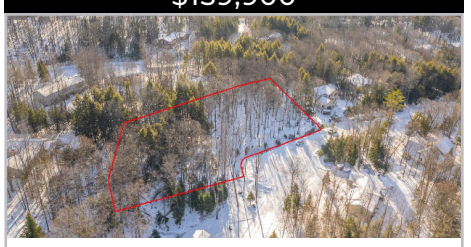

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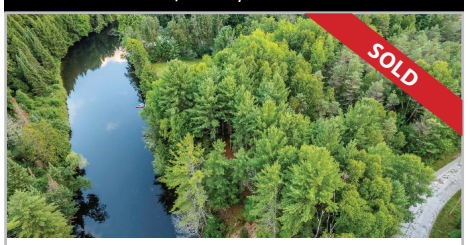

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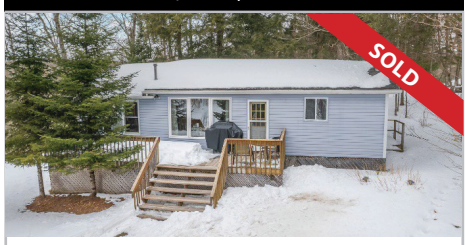

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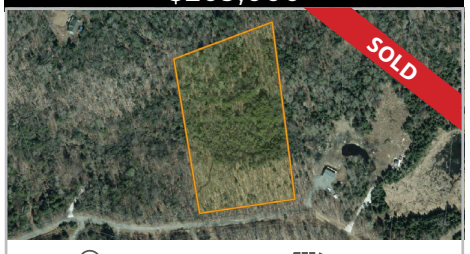

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